

WELSH SCHOOLS CUP & PLATE

Final Timetable

**MINIMUM REPORT TO START TEAM FOR
ANY TRACK EVENT IS 10 MINUTES:**

EVENT START TIMES

Ev No	Minimum Report Time	Start Time	Track Events	Age Group	Races	
					QTY	TOT
T01	12:50 PM	1:00 PM	80m Hurdles	U16 Boys	2	2
T02	1:05 PM	1:15 PM	75m Hurdles	U16 Girls	2	4
T03	1:20 PM	1:30 PM	75m Hurdles	U14 Boys	2	6
T04	1:35 PM	1:45 PM	70m Hurdles	U14 Girls	2	8
T05	1:50 PM	2:00 PM	1500m	U14 Girls	1	9
T06	2:00 PM	2:10 PM	1500m	U14 Boys	1	10
T07	2:10 PM	2:20 PM	1500m	U16 Girls	1	11
T08	2:20 PM	2:30 PM	1500m	U16 Boys	1	12
T09	2:30 PM	2:40 PM	200m	U14 Girls	2	14
T10	2:36 PM	2:46 PM	200m	U14 Boys	2	16
T11	2:42 PM	2:52 PM	200m	U16 Girls	2	18
T12	2:48 PM	2:58 PM	200m	U16 Boys	2	20
T13	2:58 PM	3:08 PM	300m	U14 Girls	2	22
T14	3:04 PM	3:14 PM	300m	U14 Boys	2	24
T15	3:10 PM	3:20 PM	300m	U16 Girls	2	26
T16	3:16 PM	3:26 PM	300m	U16 Boys	2	28
T17	3:26 PM	3:36 PM	100m	U14 Girls	2	30
T18	3:32 PM	3:42 PM	100m	U14 Boys	2	32
T19	3:38 PM	3:48 PM	100m	U16 Girls	2	34
T20	3:44 PM	3:54 PM	100m	U16 Boys	2	36
T21	3:54 PM	4:04 PM	800m	U14 Girls	2	38
T22	4:04 PM	4:14 PM	800m	U14 Boys	2	40
T23	4:14 PM	4:24 PM	800m	U16 Girls	2	42
T24	4:24 PM	4:34 PM	800m	U16 Boys	2	44
T25	4:34 PM	4:44 PM	4 x 100 Relay	U14 Girls	2	46
T26	4:40 PM	4:50 PM	4 x 100 Relay	U16 Girls	2	48
T27	4:46 PM	4:56 PM	4 x 100 Relay	U16 Boys	2	50
T28	4:52 PM	5:02 PM	4 x 100 Relay	U14 Boys	2	52

**MINIMUM REPORT TIME FOR FIELD EVENT
WARM UP OF 2 TRIALS IS 20 MINUTES.**

EVENT START TIMES

Ev No	Minimum Report Time	Start Time	Track Events	Age Group
F01	12:40 PM	1:00 PM	Long Jump	U14 Boys
F02	12:40 PM	1:00 PM	High Jump	U16 Boys
F03	12:40 PM	1:00 PM	Shot Put (3.00kg)	U16 Girls
F04	12:40 PM	1:00 PM	Discus (1.25kg)	U16 Boys
F05	12:40 PM	1:00 PM	Javelin (400g)	U14 Girls
F06	12:40 PM	1:00 PM	Triple Jump	U14 Girls
F07	1:40 PM	2:00 PM	Long Jump	U16 Girls
F08	1:40 PM	2:00 PM	Triple Jump	U16 Boys
F09	1:40 PM	2:00 PM	High Jump	U14 Girls
F10	1:40 PM	2:00 PM	Shot Put (2.72kg)	U14 Girls
F11	1:40 PM	2:00 PM	Discus (1.00kg)	U16 Girls
F12	1:40 PM	2:00 PM	Javelin (400g)	U14 Boys
F13	2:40 PM	3:00 PM	Long Jump	U14 Girls
F14	2:40 PM	3:00 PM	Triple Jump	U16 Girls
F15	2:40 PM	3:00 PM	High Jump	U16 Girls
F16	2:40 PM	3:00 PM	Shot Put (3.00kg)	U14 Boys
F17	2:40 PM	3:00 PM	Discus (0.75kg)	U14 Girls
F18	2:40 PM	3:00 PM	Javelin (600g)	U16 Boys
F19	3:40 PM	4:00 PM	Long Jump	U16 Boys
F20	3:40 PM	4:00 PM	High Jump	U14 Boys
F21	3:40 PM	4:00 PM	Shot Put (4.00kg)	U16 Boys
F22	3:40 PM	4:00 PM	Discus (1.00kg)	U14 Boys
F23	3:40 PM	4:00 PM	Javelin (500g)	U16 Girls
F24	3:40 PM	4:00 PM	Triple Jump	U14 Boys